

Mental Health and Wellness Criteria

To complete the Mental Health and Wellness “focus area” this year you must complete the first criteria then choose one from the following two criteria.

Complete this criterion:

1. Discuss your district or school medical recommendations policy at a faculty meeting. If your school or district does not have a policy one must be written.

Choose one from the following:

2. Identify ways your school can promote mental health and wellness by improving students’ self-worth and stress management skills.
3. Give faculty and staff resources about mental health and how they can recognize mental health concerns.